

Information

Where can I find more information?

- Talk to your doctor
- Visit www.utahcancer.org/prevent or call 1-800-717-1811 to see if you qualify for a free or low-cost Pap test and HPV vaccination!



References:

Centers for Disease Control and Prevention
National Cancer Institute
American Cancer Society

Utah Department of Health

Utah Cancer Control Program
www.utahcancer.org
Toll Free 1-800-717-1811

Utah Immunization Program
www.immunize-utah.org
Toll Free 1-800-275-0659



You'd Do Anything To Fight Cervical Cancer.

SO DO THIS ONE THING TO PREVENT IT.

Cervical Cancer and Human
Papillomavirus (HPV)

What Would You Do To Prevent Cervical Cancer?

GET A VACCINE? GET SCREENED?



What is cervical cancer?

- A serious but preventable cancer of the cervix (lower part of your uterus).
- It is caused by abnormal cells that develop in the cervix and grow out of control.
- This cancer can be treated and cured if found at an early stage.
- 99.7% of cervical cancers are caused by an infection called the human papillomavirus (HPV).

What is HPV?

- HPV is a common virus that infects more than 50% of all sexually active adults at some point in their life.
- Most people who have HPV do not even know they have it. Signs of HPV infection can show up weeks, months, or even years after a person is infected.
- HPV often clears up on its own.
- If it doesn't clear up, high-risk types of HPV can cause cervical cancer.
- HPV can also cause genital warts. Genital warts are growths or bumps in the genital areas of men and women.

How is HPV spread?

- It is spread through any type of skin-to-skin genital contact with a person who has HPV.
- You are at higher risk of getting HPV if you have vaginal, anal or oral sex with a person who has genital HPV.
- But remember, you do not have to have sexual intercourse to get HPV.

HPV is NOT spread by:

- Toilet seats
- Kissing on the mouth, hugging, or holding hands
- Poor personal hygiene
- Sharing food or utensils
- Swimming in pools or hot tubs

How can women prevent cervical cancer and HPV?

- The surest way to prevent genital HPV infection is to not have genital contact with another individual.
- Only have sexual contact with one person who only has sexual contact with you.
- Use a condom every time you have sex. While condoms don't fully protect from HPV, they can still reduce the chance you'll get it.
- Get vaccinated! A vaccine is now available for females ages 9-26.
- Get regular Pap tests to detect abnormal cells on the cervix.

More about the vaccine:

- This vaccine can prevent cervical cancer!
- The HPV vaccine protects against the four types of HPV that cause 70% of cervical cancers and 90% of genital warts.
- It is given in a series of three shots over a period of six months.
- The best time to vaccinate is before a female becomes sexually active. However, females who are sexually active may also benefit from the vaccine.

Why should women, even those who got the vaccine, get a regular Pap test?

- Getting a regular Pap test can save a woman's life.
- The Pap test is the best way to screen for cervical cancer.
- The test detects changes before they turn into cancer so they can be treated.
- It is recommended that women start getting Pap tests at 21 years of age or within three years of the first time they have sexual intercourse.

